

News Briefs

Prayer Luncheon

All BLAZE TEAM members are invited to attend a prayer luncheon at noon March 13 at the Columbus Club. Cost is \$8 for an Italian buffet, and the dress code is uniform of the day. The Chief Chaplain of the Air Force, Maj. Gen. Charles Baldwin, will be the guest speaker. To sign up, call the chapel at Ext. 2500 by Monday.

USAF Leadership Award

AFPC is currently requesting nominations for the 2006 Lance P. Sijan USAF Leadership Award. This award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives. Nominations may be submitted in the following categories: Senior Officer, Junior Officer, Senior Enlisted and Junior Enlisted. For more information, call the Military Personnel Flight at Ext. 2626.

CMSD Lottery

The Columbus Municipal School District is conducting a 2006 to 2007 K-4 School Choice Lottery. Applications are available at the Family Support Center. For more information, call 241-7400.

Vehicle decals

Year vehicle decals are now available at the visitor's center. For more information, call the center at Ext. 3161.

Inside



Sports 15

U.S. soccer team receives a visit from a celebrity while at Ramstein AB, Germany



Tech. Sgt. Keith Houin

Senior Airman Ronnie Titus, 14th Security Forces Squadron, and Taneshia McKinney are greeted by Capt. Kevin McMahan, 14th SFS commander, after Senior Airman Titus' arrival to Columbus AFB after a deployment. Senior Airman Titus was one of five Airmen to return from deployment to the No. 1 small unit security forces squadron in Air and Education Training Command here.

Securing the future of Columbus

Senior Airman Cecilia Rodriguez
14th Flying Training Wing

The 14th Security Forces Squadron was distinguished as the Best Small Unit Security Forces Squadron in Air Education and Training Command for the second consecutive year.

"The troops' performance during the Operational Readiness Inspection in May really set us apart from the other AETC Security Forces units," said Maj. Shannon Smith, 14th SFS commander.

"The 14th SFS was the only small unit in the command to garner an overall 'Excellent' rating from the AETC Inspector General throughout 2005."

The IG Team praised the squadron's resource protection, antiterrorism and unit mobility programs, as well as its armory procedures, which allow for accurate accountability of weapons and ammunition valued at \$350,000.

Throughout the calendar year, security forces members:

- * Instructed weapons qualification

training for more than 790 wing personnel, resulting in a 99 percent qualification rate – the highest for any AETC base

- * Provided more than 330 man-hours of weapons and tactics instruction for Columbus AFB's Fundamental Air Expeditionary Force Skills Training

- * Managed four munitions accounts and a government purchase card program with zero discrepancies, and a

See **FORCES**, Page 2

BLAZE stars and stripes



Courtesy photo

The 14th Flying Training wing congratulates the March enlisted promotees. Pictured are: (front row) to Airman: Jacquelyne Ford, 14th Services Division; to Airman first class: Antonio Huguley, 14th Mission Support Squadron; Silvestre Gonzales, 14th Operations Support Squadron; Lynnette McCarrier, 14th Medical Operations Squadron; Montrial White, 14th Comptroller Squadron; to senior Airman: Jonathan Boyd, 14th Civil Engineer Squadron; (back row) to senior Airman, Jason Rieder, 14th OSS; Christine Mounts, 14th MDOS; Rory Peters, 14th CES; John Gaffey, 14th Security Forces Squadron; Akiro Davis, 14th Communications Squadron; to staff sergeant: Evangeline Guidry, 14th Mission Support Group; Hyun Park, 14th SVS; to technical sergeant: Robert Shoemake, 14th SFS.

FORCES

(Continued from Page 1)

government travel card program with zero delinquencies

- * Secured 414 transient aircraft valued at more than \$59 billion

But the squadron's efforts did not exclusively impact the Columbus AFB mission. Its disciplined troops provided security for high-profile leaders, namely Secretary of State Condoleezza Rice,

chairman of the Joint Chiefs of Staff

Gen. Richard B. Myers and the United Nations General Assembly. Deployed security forces Airmen were also responsible for securing an \$8 billion gold shipment – the largest coalition funds movement in the Operations Iraqi and Enduring Freedom area of responsibility.

More than 6,840 man-days were dedicated to supporting wartime operations overseas.

In fact, the squadron welcomed home its fellow members from a six-month deployment Tuesday evening, only to say

good-bye to its next rotation of expeditionary Airmen the following morning.

"More than half of the squadron's members deployed during 2005, and all performed brilliantly in the Global War on Terrorism abroad," Major Smith said, who is currently deployed to Southwest Asia in support of the same effort. "Just as importantly, when key members of the unit are deployed, younger officers, NCOs and Airmen step up, fill the void and continue to make great things happen."



1st Lt. Nolan Foster
14th Civil Engineer Squadron



The 14th Flying Training Wing recognizes Lieutenant Foster on his selection to represent Columbus AFB at Air Education and Training Command's rugby camp. Congratulations and good luck.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 33 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



SILVER WINGS

How to reach us

14th Flying Training Wing Public Affairs
555 Seventh St. Suite 203
Columbus AFB, MS 39710
Commercial: (662) 434-7068
DSN: 742-7068
Fax: (662) 434-7009
E-mail: silverwings@columbus.af.mil

Editorial Staff

Col. Stephen Wilson
14th Flying Training Wing
Commander

Mr. Rick Johnson
Public Affairs Chief

Tech. Sgt. Keith Houin
NCOIC

Airman Alyssa Wallace
Editor

Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

Published by the Commercial Dispatch Publishing Company, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14th Flying Training Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the SILVER WINGS are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-15)	7.07 days	0.10 days	April 3	48th (06-06)	2.31 days	2.00 days	March 10	T-37	133	143	12189
41st (06-14)	2.40 days	-3.01 days	March 8	50th (06-06)	1.48 days	3.99 days	March 10	T-38C	64	71	5405
								T-1A	57	57	5478

Graduation speaker: Maj. Gen. Harold Cross, Mississippi National Guard Adjutant General

AF has no room for unprofessionalism

Lt. Col. Gerard Rowe
43rd Flying Training Squadron

While Air Force manpower requirements will shrink in the coming years, the Air Force mission won't. Our reliance on those serving in blue will become increasingly pivotal to mission success. We must recruit and retain only the highest caliber professionals.

I'm no expert on recruitment, but I have plenty of thoughts. My current job as a Standardized Undergraduate Pilot Training instructor pilot provides a glimpse into who the service has recently recruited. I train some of the newest Air Force officers, and I am almost always impressed. It's amazing how the Air Force continues to recruit the highest quality people from a socie-

ty where standards of conduct and behavior seem to be decreasing. As a student of history, I realize this is not a new challenge. My hat's off to those who recruit for the U.S. Air Force.

I am an expert on retention. In fact, so are you. If you wear the uniform, you are integral to the retention of those around you — including yourself. In my role as commander, my actions have a significant impact on those assigned to my squadron, including retention. It is part of my duty to

retain professionals. It's also my job to mentor people on what being a professional means.

Being a professional Airman means complying with and enforcing all aspects of the profession — even those aspects you don't like. The Air Force needs problem solvers and critical thinkers, but not those who choose "convenient professionalism." That's

the term I use to define the practice of only selecting which aspects of the Air Force you embrace and enforce, yet con-

tinuing to claim that you are a professional. Professionals prioritize their time and efforts for both themselves and for those they supervise. They do not use convenience as a measure of merit. They attempt to understand aspects of the profession that seem unpopular. Professional Airmen understand popularity of a policy is no basis for compliance or enforcement. Professionals make necessary changes when they have authority. Professionals attempt to understand change when they are subordinate. Professionals don't fear the repercussions of their actions. Professionals police themselves.

As the newest round of personnel reductions near, you can be assured the Air Force will retain its professionals. Should that include you?

"Professional Airmen understand popularity of a policy is no basis for compliance or enforcement."

Wingman's Corner: There's no such thing as a victimless crime

Dr. Mario Mercado
and
Kirsten Hawley
14th Flying Training Wing

Do people's actions ever make you wonder, "What are they thinking?"

For example, you look at the car that pulls up next to you at the traffic signal. Their children are in car seats, all of the windows are rolled up and the parents are smoking to the point where there's a cloud inside the car.

Second-hand smoke is known to be dangerous. It's not the cancer, it's not the emphysema or the coronary heart disease that may result from second hand smoke; it's the fact that we can promote a healthier way of life if we put everything into perspective.

If the average cost of cigarettes is \$3 a pack, and a person smokes one pack per day, that equates to \$90 a month or \$1,080 a year. Over 25 years, that's about \$27,000.

Now, if you take \$3 a day and put it in the money market for 30 years at the historical money market rate of 11 percent, that equates to a savings of about \$241,900. What could you do with that kind of extra

money?

Then, we have to look at alcohol. How much is one evening out at the local tavern? Only \$10. Let's say you only do it twice a week. Well, that's fine — but what about the spouse at home? How about the kids? What lessons are the children learning? It's hard to face up to that with an answer that is acceptable to your spouse.

Inconsideration for those who can't speak up for themselves is witnessed during the summer months when children are left in the cars while mom or dad runs in a store for a minute. That's a crime — it's against the law in many jurisdictions. Worse, it may result in the death of the child and possible manslaughter charges.

Is it cigarettes, extreme weather, and perhaps alcohol that are wrong? No, none of these are wrong per se. It's the poor choices people make in consideration of their parental and family responsibilities. With every choice a person makes comes natural and logical consequences.

There is no such thing as a victimless crime. Someone is always influenced or affected by the choices everybody makes. The term victimless crime is a façade. We live what we learn.

Civic leader tour 2006



Tourist arrived at Patrick AFB, Fla., after watching two F-15Es from Tyndall AFB, Fla., refuel in flight. Attendees also received a close up of a KC-135R cockpit.




Civic Leader Tour guests view the newest Air Force fighter F/A-22 Raptor as Col. Matthew Molly, Tyndall AFB's 325th Operations Group commander, speaks on the aircraft's capabilities, functions and system operations.



Tourist enjoyed a windshield tour through the historical sites of Cape Canaveral Air Station, Fla., and were able to see several launchpads and blockhouses. More than 30 people attended the tour.



Col. Stephen Wilson, 14th Flying Training Wing commander, discusses the Civic Leader Tour's itinerary to Richard Dobbins, owner of the Columbus Backyard Burgers and Mike Hainsey, deputy director of Golden Triangle Regional Airport.




WHO'S YOUR WINGMAN?

THERE ARE SOME THINGS IN LIFE THAT JUST WEREN'T MEANT TO BE HANDLED ALONE ...

IF YOU NEED A WINGMAN THE BASE CHAPLAIN, THE LIFE SKILLS COUNSELORS, AND THE PEOPLE AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.

ONE SUICIDE IS ONE TOO MANY



Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.

Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Mardi Gras party: This event will be held from 8 to 11 p.m. tonight at the Columbus Club with Mardi Gras games, prizes and assorted finger foods. For more information, call Ext. 2490.

Spring break trip to Orlando: Register at the information, ticket and travel office for this trip to Orlando, Fla., March 26 to March 30. Cost is \$415 for one person, \$265 each for two people in the same room, \$215 each for three people in one room and \$190 each for four people in one room. Cost includes transportation, four nights lodging and shuttle service while in Orlando. Discount Disney tickets are available at the ITT office. For more information, call Ext. 7861.

Lunch buffets: The Columbus Club offers an all-you-can-eat lunch buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Tuesday's new menu includes meat loaf, Southern fried pork chops, veggies and homemade apple pie. Wednesday's menu features a southern comfort buffet with fried chicken, smoked brisket and cobbler. Thursday is backyard barbecue and Friday's menu is a borsai buffet with teriyaki chicken, beef vegetable stir fry, fried rice and egg rolls. Cost is \$5.50 per person and includes iced tea or lemonade. Call Ext. 2490.

Crafts classes: The arts and crafts center's upcoming crafts classes for March feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a St. Patrick's welcome sign, a mosaic patio stone, a picket fence Easter door hanging and a Easter bunny door hanging. The youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include straw hat leprechaun, a St. Patrick's door hanging, a personalized pillow case, a bunny bell necklace and a wooden bunny. A display of all projects is available in the arts and crafts lobby.

Big winner



Tamika Smith, bowling center recreation specialist, presents Marilyn Orange with \$300 for her winning bingo ticket alongside her husband, Army Sergeant 1st Class Jimmie Orange, and children Artray and Jimmieka Orange. Base personnel can play quick shot bingo at the bowling center and at the Columbus Club during lunch, Thursdays during Boss and Buddy night and at the enlisted lounge Friday nights.

Pam Wickham

Participants must register at least four days prior to the class date. Call Ext. 7836 for more information.

Free automobile maintenance classes: The auto hobby shop offers a free minor maintenance class for ladies Tuesdays at 5:30 p.m. Call Ext. 7842 for more information.

Cookie special: The bowling center is celebrating National Chocolate Cookie week Monday through March 10 with a four for \$1 chocolate chip cookie special. Call Ext. 2426.

Home decor workshops: The arts and crafts center offers a class at 10:30 a.m. and 6:30 p.m. March 16 to make a message board. Cost is \$15 and includes all supplies. Make a boy's or girl's toy box in the class at 10:30 a.m. or 6:30 p.m. March 30. Cost is \$30 and includes all supplies. Register at least four days prior to the class start date. Call Ext. 7836 for more information.

Veterinary clinics: The base veterinarian will conduct a clinic March 15. Clinics are usually held the first and third Wednesdays of each month. Call Ext. 2281. Wednesdays from noon to 5 p.m. for an appointment.

Missoula Performing Arts Camp: The youth center is taking applications until March 10 for teens, ages 14 to 18, interested in performing arts. This camp will be held July 16 to July 22 and again July 23 to July 29 in Missoula, Mont. All expenses will be paid including travel, if selected. Turn in an application along with a video of the teen performing to the youth center by the deadline. For more information on the camp, visit www.mctinc.org and click on "MCT and the Military" or call the youth center at Ext. 2504.

Parent/teen outdoor adventure camp: The youth center is accepting applications for this program open to families of active duty Air Force, Air Force

reserve, their spouses and dependents, ages 12 to 14. The camp, lodging and meals are free. If selected the participants must pay for their own transportation to the camp. Camp is June 25 to July 2 in Colorado Springs, Co. The week long program is focused on creating a bonding experience for families through participation in various outdoor and indoor activities. Each person must be able to participate in a high and low ropes course, rock climbing, hiking, horseback riding, white water rafting and more. Deadline for submitting an application is April 5 at the youth center. Call Ext. 2504 for more information.

ImageMakers National Photography contest: The youth center is accepting entries into this Boys and Girls Club sponsored contest until March 10. Entries will be judged in four age categories: ages 9 or younger, ages 10 to 12, ages 13 to 15 and ages 16 to 18. Pictures must have been taken within the last year. Photographs

must be entered in one of the following categories: color process, black and white process; alternative process such as pinhole cameras, polaroid transfers, photo screen printing, photo etching and photograms; digital and photo essay. Photographs must not exceed 8 x 11 inches and must be matted. A negative must accompany each photograph (submit a diskette for digital entries). For more information, call Ext. 2504.

Memphis Grizzlies honor military families: Military families may enter a drawing for the opportunity to attend a 2006 Memphis Grizzlies home game by picking up an application at the information, ticket and travel office. The winner will receive passes to a game for up to 10 family members, two parking passes and a \$10 concessions voucher per person.

The chosen servicemember must have been deployed to the Middle East during the last four years for a period of no less than six months as a member of the U.S. armed forces.

Eligible applications will remain in the drawing for every home game so families only need apply one time. The Grizzlies Foundation staff will give winning families at least one week's notice before the game to coordinate plans to attend. For more information, call Ext. 7861.

Self-help car wash: There is a self-help car wash located behind the youth center on Ninth Street. Cost is \$1 for five minutes and customers may add a quarter before the time ends for an extended wash. Call Ext. 7842.

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 4 p.m. to 8 p.m. Thursdays in the Landing Lounge. A free taco bar is available for club members and nonmembers pay \$2.95. Wings are 25-cents each for club members and 50-cents for nonmembers from 4 p.m. to 7 p.m. Beverage specials are also available. For more information, call Ext. 2490.

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — SUPT Mass
Tuesday:
7 p.m. — RCIA

Protestant

Sunday:
9 a.m. — Adult and children's Sunday School
10:30 a.m. — Contemporary service at the services complex
10:45 a.m. — Traditional worship service at the chapel sanctuary
Monday:
7 p.m. — Bible study fellowship
Wednesday:
11:30 a.m. — Lunchtime study
5 p.m. — Pot luck supper
6 p.m. — Video study
A Case for Kids
Pioneer Clubs
Thursday:
9 a.m. — Ladies Bible Study
For information, call Ext. 2500.

Base Notes

COSC fashion show

The March Columbus Officers' Spouses' Club Social will be held at 6 p.m. March 14 at the Columbus Club. The menu includes baked cod and will be served at a cost of \$14. Columbus Club members receive a \$2 discount. New members are welcome. For reservations, please contact Jennifer Wood via email at woodtjjg@cablone.net or call 425-6059 by noon Thursday.

Yard inspections

As a reminder, on random Wednesdays of each month, squadron and group commanders conduct yard inspections. There are at least two inspections every month, so residents are encouraged to have yards in inspection order every Wednesday at 7:30 a.m. The family housing brochure, Columbus AFB Pamphlet 32-6002, includes the inspection standards and is available at the housing office. For more information, call the office at Ext. 7276.

Garage sales

On-base garage sales are only permit-

ted the first Saturday of every month. Advertisements for sales are limited to yard signs or ads in the base paper only. Signs must be no larger than 2 feet by 2 feet. Displaying signs on utility poles and street signs is prohibited. Advertising yard sales in the local media, excluding the base newspaper, is also prohibited. People may locally advertise individual items for sale, such as automobiles, boats, washers, dryers or refrigerators. Columbus AFB housing areas are located on a federal installation and the civilian public may only enter a military installation on official business, open house functions or social visitations. Yard and carport sales do not fall within these criteria.

Student Spouse workshop

Past, present and future student spouses are invited to a ceramic painting workshop at 9:30 a.m. and 6:30 p.m. Thursday at Kaboodles. Prices of the ceramics vary upon items chosen, and spouses will receive 15-percent discount on purchased items. For questions, more information or to RSVP, call Allison Adair at 434-8714.

Family Support Center

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Deployment briefings

Pre-Deployment Briefings are held daily at 9 a.m. Family members are encouraged to attend. For more information, call Ext. 2974 or Ext. 2790.

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 a.m. to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Free childcare

The Childcare for PCS program offers up to 20 hours of free childcare per child for active-duty Air Force people arriving at or departing from Columbus AFB. Certificates are available within 60 days of departure or arrival. For more information, call Sharon Nichols at Ext. 2790.

Local employment

A workshop about employment opportunities with local businesses, the 14th

Forward march



Senior Airman Cecilia Rodriguez

Senior Airman Michael Haney, 14th Communications Squadron and class leader, takes control over his flight, Airman Leadership School class 06-3, during a drill practice Wednesday. The class is scheduled to graduate from ALS on March 29.

Services Division and the government is from 1 p.m. to 2 p.m. every Wednesday. Resumes and other job applications will also be discussed.

Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. Tuesday. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Single Parents Group

All BLAZE TEAM members who are single parents are invited to attend a meeting at noon Wednesday at the Columbus Club Happy Lounge.

Smooth move

A workshop for relocating families is from 2 p.m. to 4 p.m. March 7. Participants will learn what to expect from the travel management office, housing, military pay, legal, billeting, Tricare and the family support center.

Credit reports

Participants can learn how to obtain one free credit report from three major credit reporting agencies in the southeastern United States and learn what to look for on a report at 11 a.m. March 9.

Government applications

A workshop on federal employment and the Small Business Administration is from 2:50 to 3:45 p.m. March 16.

TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. March 14.

Single Parents Group

Single Parents are invited to bring their children to the Services Community Center at 1 p.m. March 11 for food and activities. For more information, call Ext. 2631.

Noon Tunes: This event will be held at the Trotter Convention Center Courtyard from 11 a.m. to 1 p.m. March 16 with food and entertainment. For more information, call 325-6305.

Winter Jam 2006: This event will is at 6 p.m. March 16 the BancorpSouth Center in Tupelo, Miss., featuring the Newsboys, Toby Mac, NewSong, Zoegirl, Hawk Nelson, speaker David Nasser and a Sphere of Fear motorcycle stunt show. Cost is \$10. For more information, call (662) 841-6528.

Tales from the Crypt: Beginning March 27, costumed guides will lead narrated candlelight tours of historic Friendship Cemetery, site of the first Memorial Day observance in April, 1866. Admission is \$2 per person for non-students and \$1 per person for students. Tours begin at 7 p.m. and the last tour begins at 9:30 p.m. This event is sponsored by Mississippi

Schoolfor Mathematics and Science in conjunction with the annual Spring Pilgrimage. For more information call (800) 327-2686.

Daily historic home tours: The public is invited to drop by or call the Mississippi Welcome Center or Columbus Historic Foundation for schedules of historic homes open for tours. For admission or more information, call (800) 920-3533.

Community Volunteer Center: People in search of volunteer opportunities can contact the Community Volunteer Center at 327-0807, or visit the office at 501 Seventh St. North, Suite 5, in the Plaza Building.

MOPS: Mothers of Preschoolers meet each month during the school year on the second and fourth Tuesday from 9 a.m. to 11 a.m. for a social and guest speaker. Child care is provided onsite. For more infor-

mation on the MOPS group, call 327-2010 or e-mail info@hopems.org.

American Indian Artifacts Museum: This museum is located in Columbus and holds Native American artifacts dating back hundreds and thousands of years. Tours are available to individuals or groups by appointment. For more information, call Byron and Alice Weeks at (662) 251-1125.

Exchange Club: The Exchange Club of Columbus meets at noon Thursdays at the Columbus Country Club. The organization is a community service group dedicated to programs and projects that aid in the prevention of child abuse. For more information, e-mail exchange.clubofcolumbusms@yahoo.com.

For more event listings, visit www.columbusms.org, or www.tupelo.net.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one) Home Transportation Miscellaneous Yard sales Pets

Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

New protein study a real eye opener

BROOKS CITY-BASE, Texas — Warfighters will never have the ability to leap tall buildings in a single bound, but a specialized whey protein supplement under study here could enhance mental and physical performance.

A double-blind Air Force Research Laboratory study was launched Feb. 3 as part of an operational readiness initiative. It is being conducted in collaboration with the GNC Corp. of Pittsburgh.

The focus of the study is specialized whey protein. Historically, its non-modified form has been used to build muscle supporting increased physical conditioning. AFRL scientists hope this research will eventually provide the Air Force with a non-pharmaceutical option — one that enhances alertness and physical strength in warfighters exposed to sleep deprivation and workloads associated with stressful operational environments.

The study came about when Col. Breck Lebegue, a scientist here, observed Soldiers and Marines using supplements in Kyrgyzstan in 2004.

"These guys are going to battle at 10,000 feet elevation while hauling 100 pound packs. That's hard work — living and surviving in that kind of environment which is mentally and physically challenging," said Colonel Lebegue, the aerospace medicine chief of the aircrew performance and protection branch.

Colonel Lebegue wanted to find out if there was an operationally relevant need to scientifically verify the

human performance-enhancing potential of such supplements.

He confirmed the special operations community's need for these supplements with Col. (Dr.) James Wright, 720th Special Tactical Group command surgeon at Hurlburt Field, Fla., and a former U.S. Air Force School of Aerospace Medicine scientist in hyperbaric research here.

Last spring, Capt. (Dr.) Andy McQuade, one of the study's principle investigators and Human Fatigue Neurosciences Team chief, conducted an informal survey on supplement use among 720th Special Tactical Group personnel.

"I asked the 12 volunteers what supplements they used and where they got them. These guys knew more about supplements' effects from reading men's muscle magazines and less from the science (literature)," Captain McQuade said.

He also learned that the survey respondents felt stronger and believed the supplements worked.

"The only thing they had to measure supplements against were (conditioning) workouts in the gym," he said.

What makes AFRL's whey protein study different from past research on human performance, its principle investigators say, is it's not limited to cognition.

"We've had research to keep subjects awake, but not necessarily physically and mentally alert," Captain

McQuade said.

AFRL researchers will be evaluating whey protein's effects on cognition and physical performance, as well as on body composition, memory and concentration involving specific tasks conducted after a 24-hour sleep deprived period.

The study builds upon earlier research conducted by Dr. David Housh, a University of Nebraska exercise physiologist, who collaborated with GNC on supplement testing.

"They tested leg strength using the gym's leg extension machine," Colonel Lebegue said. He said Dr. Housh's tests verified that these supplements helped build strength and muscle mass.

In AFRL's study, half of the volunteers will be given modified whey protein, with the other half given a placebo. They will also be subjected to modified physical fitness and cognitive tests while alert and fatigued during an eight-week period.

AFRL investigators said they also will be evaluating whey protein's effects on rebuilding and repairing over-exercised muscle. They emphasized that this specialized supplement is not a steroid, which is illegal and potentially harmful to health.

Ultimately, this specialized supplement could prove to be the so-called "magic bullet" — a non-addictive substance that keeps people alert. *(Courtesy of Air Force Materiel Command News Service)*

Carey'ing support overseas



Airman 1st Class Erin Peterson

Drew Carey greets the U.S. Men's National Soccer Team at a pep rally Feb. 28 at Ramstein AB, Germany. The team played against Poland Wednesday in Kaiserslautern. Mr. Carey came as a surprise guest to the rally to support the team and meet with fans.

Sports Shorts

Volleyball sign-ups

Any BLAZE TEAM member wishing to play intramural volleyball should sign up at their squadron through their sports representative by April 3.

Volksmarch

A volksmarch/ fun run will begin at 7 a.m. March 17 in honor of Womens' history month. For more inforamtion, call the fitness center at Ext. 2775.



U.S. Air Force Newslink

Keeping America's citizens informed about Air Force missions, people, issues, and operations.

Website: www.afnews.af.mil/safpanc/newslink/newslink.html
To subscribe e-mail: join-panc_newslink@mercury.afnews.af.mil

Renter's Insurance

While the Air Force may reimburse people for some losses in government quarters, it does not provide the coverage provided by a regular insurance policy. Renter's insurance can cover losses sustained from natural disasters, property theft and more. This may prove especially important for deploying airmen leaving their household goods behind. Contact a first sergeant or an insurance agency on how to protect homes and personal property.